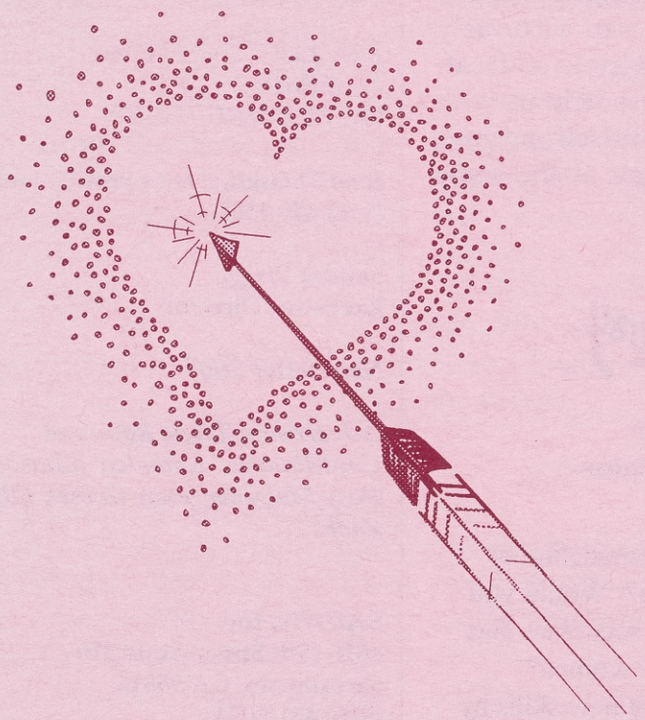
SACWN
SACRAMENTO AREA CAREER WOMEN'S NETWORK INC.

Volume 9, No. 2 February 1993



AT THE HEART OF LOVE

A VALENTINE DANCE WITH SACWN

We are women who hold so much love in our hearts. Love for ourselves, our partners, our family, our friends, our community. Celebrate the love that you feel with an evening of dancing, smiling, and feeling good together.

DATE:	Saturday, February 20, 1993
PLACE:	Unitarian Universalist Society
	2425 Sierra Boulevard, Sacramento
TIME:	8:00 P.M. to Midnight
TICKETS:	$12 Subscribers
	$ 17 Non-Subscribers
	$ 20 At the Door

Have a special request? Disc jockey, Jammin' Jo will be providing the tunes. Call her at 489-JOJO before February 14 and she will include "your song" in the selections.

An event for women over 21.

A MESSAGE FROM THE STEERING COMMITTEE

As I write this column, I am full of anticipation and excitement because I'm heading to Washington, D.C. next week for the Presidential Inauguration where I'll dance with a woman at the Clinton Inaugural Ball.. What fun! How far our society (or at least critical parts of it) have finally come! I'm excited to think about lesbian and gay men being welcome at an inaugural ball, and about the hope we all share for change and progress in the future. Whatever your political preference, there is a sense of excitement that things may really change positively for our community. YES, for the Gay Nineties!

Here's wishing you all a happy President's Day long weekend and a happy Valentine's Day, too. Please shop for your Valentine cards, presents and books to curl up with on that long weekend at Lioness Bookstore between February 1 and 28, telling them at the checkout desk to "mark it down for SACWN." As noted in the ad on page 6, SACWN will receive 3% on all such purchases during February, helping us to bring more and better programs and prices to you at events.

On that subject, please note SACWN has a new special membership rate for two SACWNites living in the same household who can share one newsletter and save $12 in the process, plus get all the special event and advertising rates that accrue to subscribers. Also note that substantial savings will routinely be available now for both subscribers and non-members who pre-register for events. We really want to encourage pre-registration so that we can accurately provide appetizers, drinks and seating at events. Please help us with this goal and save yourself and your friends some money at the same time.

Thanks,

Rosy

Rosemary Metrailer
Corporate Coordinator

A SIG IS BORN!

Are you currently remodeling or repairing your home? Would you like to discuss your successes and problems with other women? Interested in learning new skills by working together on each others homes? If you said yes to any of the above, call Lesha. She's coordinating a new SIG for women with tools! Lesha 568-0823.

Advertising Rates

Type	Member	Non-Mem
1/2 Business Card 1 3/4 x 1 3/4	$14.00	$21.00
Business Card 3 1/4 x 1 3/4	$25.00	$37.50
Two-column ad 4 1/2 x 9 3/4	$34.00	$60.00
Quarter page 3 1/2 x 4 1/2	$50.00	$75.00
Half page 7 1/8 x 4 1/2	$90.00	$135.00
Full page	$160.00	$240.00
Classified ads (per word)	.40	.60
Discounts (pre-paid)	1 year	20%
	1/2 year	10%

SACWN STEERING COMMITTEE

Rosemary Metrailer, Corporate Coordinator
(916) 447-7255

Jane Irwin, Finance Coordinator
(916) 424-3153

Ellie Zacks, Special Interest Group Coordinator
(916) 334-0667

Joan Thissell, Dance Productions
(916) 455-1557

Sandra Virago
Executive Director

Newsletter Staff

Advertising: Jayne Rountree
Contributors: Kathelen Johnson, Rosy Metrailer, Joan Thissel, Ellie Zacks

SACWN, Inc.
1616 29th Street, Suite 310
Sacramento, CA 95816
(916) 451-8034
FAX: (916) 451-4829

SACWN, Inc. newsletter is published monthly, ten times a year. No portion of this newsletter may be reproduced without written permission from SACWN, Inc. Letters to the Editor, articles and community announcements are welcome. Materials submitted may be edited and shortened based on available space. For more information, contact Sandy Virago at 451-8034.

CLASSIFIED AD

House to share in Auburn with deck, jacuzzi, view. $360 per month plus utilities. Call Kim at 887-0412.

SPECIAL INTEREST GROUPS - - FEBRUARY

Susan Giles of Late Bloomers is taking on some new school commitments this year, so is wanting to pass the baton. I could always count on Susan to volunteer her energy and time, to make good suggestions and to get her monthly news in promptly! Thanks Susan, for a job well done. Anyone who is interested in taking over the Late Bloomers, call me. Also, if you'd like to suggest a new group.....

Ellie Zacks 334-0667

BRIDGE

Play dates are the 2nd Friday and 4th Sunday of each month. For February, that's Friday, February 12 at 7 PM. and Sunday, February 29 at 4 PM. At press time, locations were still to be announced. Beginners are welcome; we are a relaxed group of players. Call Kathy, 362-3175.

GOLF

The golf group will continue to meet intermittently over the winter months. Call Judy, 339-1785 for the details.

SOCIAL CONNECTION

Want to meet new people in a small setting. Looking for a few friends to do things with? Call Joan. She has some wonderful ideas to help you get connected socially!, Joan is at 455-1557.

LATE-BLOOMERS

This group needs a new facilitator. Call Ellie at 334-0667.

TOP TEN

In February, Top Ten will have its meeting at Lise's home, 2935 Shawn Way, Rancho Cordova on February 21st at 3:00 PM. RSVP, Lise, 361-9710 (Top Ten is for the 10% of SACWN subscribers who are over 50 and those women who appreciate them!)

DAVIS OVER THIRTY

The Davis Over 30 group plans a monthly gathering. Occasionally we go somewhere together, more often we meet at someone's home for a potluck, game night or dinner at a local restaurant. For info on upcoming events, call Bev at 753-6504.

RAINBOW CAMPERS

We'll meet in March to plan next year's event. Call Jayne, 921-6642 for information.

THE RELATIONSHIP FORUM

Singles and couples are welcome to join us for discussions of love, intimacy and sex based on material by experts. We're back on a regular schedule of meeting every two to three weeks at people's homes. Although we have a good core group, new people are welcome. This is a learning group in which we share ideas that we can apply in our personal lives. For info, contact Sandy, 933-0670.

BASKETBALL

We're still playing basketball. Interested in a city league to be organized soon? Call Maggie, 456-1420.

NEWCOMERS

If you're new to Sacramento, come meet others who are new, too! We meet on the 3rd Sunday of every month for dinner to discuss SACWN, its special interest groups, and other resources available to the gay/lesbian community of Sacramento. For more information, call Nancy 454-5847.

HIKING

Our next hike is on February 20. We'll be heading to somewhere safe and dry, weather permitting. Call Karen, 753-6670 for all the details.

LESBIAN OWNED

A new SIG! Do you have a lesbian owned business? Let's get together. Are you interested in starting your own business? We can learn from each other. Call Sandy at 451-8034.

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Jayne Rountree

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Deborah A. Brooks

Certified Public Accountant

5350 Marysville Road
Browns Valley, California 95918

P.O. Box 248
(916) 743-9339

Nan L. Goodart
ATTORNEY AT LAW

7230 SOUTH LAND PARK DRIVE
SUITE 121
SACRAMENTO, CA 95831
(916) 422-3000

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Four Weeks / $28 per person
Starting February 22nd & 23rd
Mondays: Beginning 6:30pm
Intermediate 7:45pm
Or Tuesdays Beginning 6pm
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John Batchelor 453-8991

RODRIGUES & ASSOCIATES

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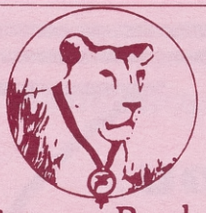
QUALITY CARE WITH A WOMAN'S TOUCH

CLEANING FOR HOMES AND OFFICES



Lioness Books

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Mon - Fri 11 - 7 p.m.
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Sacramento's only women's bookstore

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Gail Gibson

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Telephone
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Call - Rosemary Metrailer
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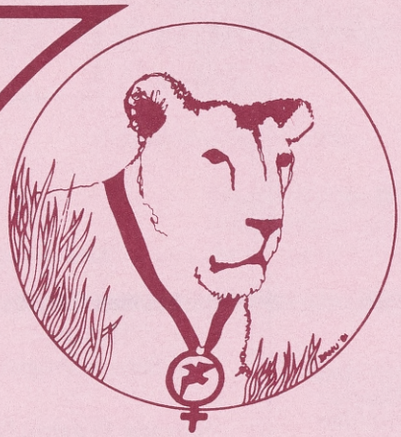

How would you like to donate to this organization without spending any extra money??

LIONESS BOOKS
2224 J St. • Sacramento
442-4657
Hours:
M-F 11-7 • Sat 12-6 • Sun 12-5

Here's how:

During our designated month, Lioness Books will donate 3% of every purchase you make (up to $1,000) to us. All you need to do is tell them you are from our organization.

Sounds easy??? It is.

You get to shop at a wonderful store and contribute to your favorite social program at the same time.

Lioness Books has what you want: books by and about women, children's books, gay men's literature, ecology/animal rights, healthcare, political theory, recovery, as well as T-shirts, music, cards, jewelry and other sidelines.

OUR MONTH IS: FEBRUARY.

Reflection, Renewal, Reconnection: Abiding in the Feminine
Monthly Retreats for Lesbians

We all need concentrated time away from our daily lives to deepen intimacy with ourselves and/or with our partners. These Healing Retreats offer an opportunity to: know what it means to surrender to the Feminine; to have a deeper experience of yourself; to be in a safe environment to go in, surrender to your own source and open to the wisdom of your inner teacher; to experience the transformative effects of a feminine-based healing crucible; to feel more alive and in touch with your body; to experience a therapeutic environment with sensitive, professional facilitators who know what they're doing; to leave knowing more than when you arrived; to return to the world with heightened clarity about yourself and perhaps even your destiny.

These retreats are open to individuals and couples and will include participation in unique transformational rituals and a variety of therapeutic experiences [including breathwork and group process]. All of this takes place in a sanctuary-like home which is on a private lake and part of a nature reserve.

When: January 29-31, February 19-21, and March 19-21.
We suggest that, if possible, participants take a half day off work in order to have some time to arrive Friday afternoon/evening. The Retreats start with dinner at 7:00 pm.

Where: Grass Valley [Address to be given once enrollment is accepted.]

Cost: Depending on which accommodations are appropriate and available for you, the cost varies from $240 to $310 per person for the weekend. Call ASAP to reserve the most suitable sleeping arrangements (everything from an exquisite cottage called "The Nest" to sleeping bags with others in a comfortable Yurt.) Food will be provided .

Facilitators: Deborah Morris, L.C.S.W. Educated at Smith and Bryn Mawr, Deborah is a respected Bay Area psychotherapist with over 20 years experience. She is known for her depth and intuitive ability to focus light onto the core of the issue being explored and empower the client to make decisions true to themselves. Deborah has private practices in Palo Alto and Grass Valley. She specializes in small, in-depth recovery groups, and monthly retreats, such as these.

Francesca Starr, M.A. Education, M.A. Transpersonal Psychology. Francesca received her Masters from the Institute of Transpersonal Psychology in Menlo Park and worked as a counselor at the Creative Counseling Center in Marin County. She then went into corporate marketing and management consulting for 10 years. She is currently working on her second book. **Deborah and Francesca** have been in partnership for twelve years.

Georgia Dow, B.A., University of Southern California, graduate studies at Burklyn School of Business. Georgia, a certified Hypnotherapist, Psychosynthesis practitioner and Reiki and massage therapist, has taught and practiced wholistic health and healing since 1970. Georgia is known as a "nature mystic", whose focus is nature and spirituality. She will welcome us to her garden.

Diana Smith. Over the last 20 years, Diana has studied a multitude of body/mind/spirit disciplines. She was a Trager practitioner for years, and was certified in Radiance Breathwork at the Hendricks Institute. She is a certified Feldenkrais practitioner and uses this, along with her studies in Aikido, to facilitate people's body awareness and movement. Her intention is to use her training, years of experience and sensitivity to bring people to physical aliveness.

For more information and to set up a phone assessment session with Deborah , call:
(916) 477-6639 in Grass Valley, or (415) 324-1810 in Palo Alto .

SACWN CALENDAR 1993

February 20
At the Heart of Love
A SACWN Valentine Dance
Unitarian Universalist Society
8 PM to midnight, See cover article.

March 20
SACWN Celebrates Women's Herstoy Month
Lillian Faderman, author of ODD GIRLS AND TWILIGHT LOVERS will discuss "Lesbians in the 20th Century," Sacramento Inn, 6:30 p.m

April 17
To be Announced. Just before press time, our April speaker, Dr. Sadja Grennwood asked if there was anyway she could change her commitment to us, as she was called to go back east for that week. So...

May 15
Dr. Sadja Greenwood, Author of "Menopause Naturally" will speak about our health and our changing bodies (or the changing body of someone you love!)

June 19 (or maybe June 18)
Gay Pride Community Dance
This dance is being planned by a committee and the date is still in question. It will be a jointly sponsored dance by SACWN and SLCC (Sacramento Lesbians Creating Change) and will be held the night before or the night of the annual Lambda Center sponsored Sacramento Gay Pride Celebration in McKinley Park. Whichever night, it will be a night to remember!

August 21
Music by Someone you know, if our current negotiations are successful!

September 18
A fun night with a special twist! More details soon.

October 30
SACWN Halloween Dance with Second Wind, the wonderful lesbian band from Los Angeles who actually may be living in the greater Sacramento area in October (if their house in LA sells soon!)

November 20
A speaker, a shade political, depending on how you define political.

IN THE COMMUNITY

SUNDAY
Women of Color Support Group
Lambda Center, 1931 L Street
7:15 to 9:00 p.m., call Josie at 442-0185

MONDAY
Women's Rap and Social Group
Lambda Center 442-0185

TUESDAY
Being gay Today, 10pm on Cable 18

THURSDAY
Women's Coming Out Group
6-7:30 Lambda Center 442-1085

FRIDAY
Country Western Dancing at 7:30 at MCC Call 454-4726

Do You Want to Deepen Your Ability to be Intimate with YourSelf and /or Another?
Do You Want to Make Significant Choices That Are True to Yourself?
Do You Feel Alone In the Darkness?

Intuitive psychotherapist, 20+ yrs. experience, can help you with these and other potent issues being faced by today's Lesbians: Traditional and Non-Traditional Relationships, Lack of Meaning, Work, Creativity, Recovery, Body, Health, Sexuality, Menopause, Coming Out, Homophobia, and Spiritual Concerns.

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Weekend Retreats for individuals and couples who want depth work and rejuvenation. **Retreats** are also held for **therapists and healers** who want to replenish their resources.

Deborah Morris
Grass Valley Office (916) 477-6639
LCSW. #6189 Insurance

SACWN SAYS . . .

THANK YOU TO 200 WONDERFUL WOMEN

The January DOS FALLOPIA concert was a sell out and you were a terrific audience. Lisa Koch and Peggy Platt, the creative comedians of DOS FALLOPIA were so excited after the performance. They just loved our Sacramento energy! Thanks for making this first event of the year such a great success.

A BELATED THANK YOU

Doesn't it seem like one mistake can lead to another! In pulling together the January newsletter, a very important name was omitted, not just once, but twice.
When we listed the advertiser for 1992, we omitted the very person who makes the advertising happen. SACWN subscriber, Jayne Rountree of Jayne Rountree Real Estate Investment, has been the advertising manager of SACWN for several years. Jayne was a founding subscriber of the organization and has played many roles throughout the years in the leadership of SACWN (as she has with other community organizations). Jayne represents SACWN on the Town Council and has been available at a moments notice to help out in whatever way she could.
We apologize Jayne for omitting your firm, **Jayne Rountree Real Estate Investment** from the list of faithful SACWN supporters. And we are so sorry to have left your name off the newsletter masthead as the advertising manager of SACWN.

ECONOMICS OF SACWN

As we began the planning for our Valentine dance, we were painfully aware that the attendance at our dances last year was significantly lower than in previous years. We wonder if we on the right track holding three dances a year. SACWN has worked to interpret the desires of the greater Sacramento area lesbian community. More groups are holding dances though and perhaps we should change our focus.
Dance are coordinated by the volunteers of SACWN. Renting a space for the dance and hiring a disc jockey can involve spending more than $1000. Decorations, food, advertising adds another $500, and that is spent before we even open the doors to the dance hall!
We ask ourselves, should we rent cheaper locations or have live music instead of a DJ? Should we have country western music or suit the music to a theme , such as the 50's or 60's or ????
We would welcome your feedback. In June, we are scheduled to do a community-wide Gay Pride Dance, open to men and women in cooperation with our political counterpart SLCC (Sacramento Lesbians Creating Change). Your input is welcomed.
It will be exciting producing a community wide event. Can you think of a better time to celebrate our freedom given all of the changes that are happening at a national level?

GOT THE TRAVEL BUG?

In the mail this month, we received information about two exotic vacation spots. There is new lesbian guest house call Beach House Inn in San Juan, Puerto Rico (809) 726-9111 that sounds delightful. And giving new meaning to the phrase "Gay Paree", is a group called Especially France (1-800-FRANCE-X) that sells trips led by gay American teachers of French! Oui! Oui!

AN OBSERVATION

Running the SACWN office has incredible fringe benefits. Can you imagine having a hundred beautiful lesbians visit your office over the course of two weeks? They come to the door, smile, say they want to buy a ticket, and then linger for a few moments of polite conversation.
It has been so interesting. We often speak of the same thing. That is, how hard it is to meet other women. Even when we are in a room of 200, it is just so hard to smile at someone we don't know, extend a hand, and maybe make a new friend. Is there any way to make it easier? To have SACWN feel friendlier? SACWN works to create an environment where people will feel comfortable and safe, yet so many times, we speak only to those we know. Lets talk more about this when you pick up the dance tickets.

SACWN, INC.
SUBSCRIPTON RENEWAL BY MAIL

All subscriptions may be paid in full or in 2 installments, the second installment due in 6 months. Subscription entitles you to our monthly Newsletter and discounts for all functions. Please select the appropriate category and send a check for the correct amount, payable to SACWN, Inc.

New subscritpion ☐ Renewal ☐

CATEGORIES	RATES
Regular Subscriber	$36.00/year
Two-in-One Household	$60.00/year
Limited Income Subscriber* (Student/Senior/Disabled)	$24.00/year
Sustaining Subscriber**	$48.00/year

Enclosed check and mail to: SACWN, Inc., 1616 29th Street Suite 310, Sacramento, CA 95816

Name(1) _____ Name(2) _____

Address _____

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Phone(H) _____ (H)

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Career Interests

(1) _____

(2) _____

This form is NOT a permanent record. Please note: Names on checks are listed in our financial records and may be audited. You may elect to pay cash for your subscription and/or admission to our events. For your protection, do not send cash through the mail. If subscribing by cash, please make your payment at the next meeting you attend.

WAIVER - I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

Signature _____ Date _____

Signature _____ Date _____

*LIMITED INCOME - SACWN, Inc. considers a person living on a limited income to be anyone who is having a difficult time paying for basic necessities - food, utilities and rent - and who rarely considers entertainment as part of her budget.

* SENIORS -Age 65+ on Limited Income; STUDENTS - Students 21+ on Limited Income; DISABLED - Disabled Citizens on Limited Income.

**SUSTAINING - Contributing a little extra to help supplement others (Seniors, Students, Disabled) on limited income.

AT THE HEART of LOVE

Unitarian Universalist Society
February 20, 1993

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Category	# Tickets	Subscriber Name or #
Subscribers $12.00	_____	_____
Limited Income Seniors, Disabled, Student members $10.00	_____	_____
Non-subscribers $17.00	_____	_____

Total tickets _____ Total enclosed _____

Tickets at the door will be $20.00. Send **self-addressed, stamped envelope** with a check made payable to **SACWN** to:

SACWN
1616 29th Street Suite 310
Sacramento, CA 95816

For information call: 451-8034

SACWN
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Sacrmento, CA 95816